

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

MEATLESS DAYS

Use Nuts

Peanuts are cheap and there are others

Use Cheese

Combine with rice, bread crumbs
or macaroni

Use Beans and More Beans

Food of the rich and the poor

Use Milk

The perfect food

Use Raisins

Any day at any meal

These are Produced in Arizona

COMMITTEE ON PRODUCTION, CONSERVATION AND DISTRIBUTION OF
FOOD SUPPLIES. ARIZONA COUNCIL OF DEFENSE

COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECO-
NOMICS, COLLEGE OF AGRICULTURE, UNIVERSITY OF ARIZ-
ONA; AND UNITED STATES DEPARTMENT OF
AGRICULTURE